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LATE BREAKING
MASS SHOOTING AT QUEBEC MOSQUE
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Donald Trump's administration: *Muslim ban*

'Everyone is horrified'

Plus: More on the travel ban

CANADIANS COAST-TO-COAST SPEAK OUT

FEDERAL MINISTER ASSURES CANADIAN CITIZENS
metroNEWS

WHAT IT'S LIKE TO BE IRAQI-CANADIAN RIGHT NOW
metroVIEWS

Mayran Kalah may not be able to travel to the U.S. to reunite with former classmates. LYLE STAFFORD/FOR METRO

EXECUTIVE ORDER

Travel restrictions put Winnipeggers' plans in limbo

Danielle Doiron & Lucy Scholey
Metro | Winnipeg

Donald Trump's sweeping travel ban is having ripple effects on Winnipeg newcomers, who are rethinking their travel plans and fearing for their far-flung relatives.

"Everyone is horrified. We don't know what's happening," Mayran Kalah, a Somalia-born Winnipegger, told Metro on Sunday.

Kalah, who fled her war-torn country in 1993, has never travelled to the U.S. to visit family and friends. But she was hoping that would soon change. She's in the middle of applying for her Canadian citizenship, with the hopes of obtaining her passport and travelling to Minnesota for a reunion with her former Somali classmates.

But on Friday, U.S. President Donald Trump issued an executive order banning travel to the United States from seven Muslim-majority countries — Yemen, Libya, Somalia, Sudan, Syria, Iran and Iraq — for 90 days and any refugee admissions for 120 days.

Canada's immigration minister has said the ban won't impact Canadian permanent residents from those seven countries. But this comes as little reassurance to Kalah, who's a Muslim.

"You don't know what to think. You're just scared to death."

Azita Fazelkhah, a 29-year-old Iranian woman, has been in Winnipeg on a student visa since September 2014. She's working on a PhD in electrical engineering at the University of Manitoba and had planned to attend a scientific conference in New Orleans in February.

Azita Fazelkhah
FACEBOOK

The travel ban means she will likely have to cancel a trip she and her Iranian boyfriend spent months planning, since they're not allowed to enter the United States.

"I live in Canada, I study in Canada, but I can't go to the U.S. I can't go to the conference," Fazelkhah said.

Fazelkhah and her boyfriend arranged to visit New York, Las Vegas and California while in the U.S. and spent thousands of dollars preparing for the trip, including renting a car. They haven't cancelled their bookings yet, but Fazelkhah said she hopes she can get her money back.

Michelle Falk, executive director of the Manitoba Association for Rights and Liberties, called Trump's move a "blatant disregard for constitutional human rights of Muslim peoples."

"A lot of people are reconsidering their plans to travel down to the States, even though we're not one of the countries that's affected by the ban — just sort of an act of protest to not go down and spend our money in an economy that's becoming part of this authoritarian regime," she said.

She said Canada should open its doors to refugees, as a response. Locally, politicians seemed to reflect that sentiment. Mayor Brian Bowman and Premier Brian Pallister each tweeted their support for refugees and newcomers.

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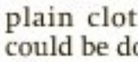
Army sent in to help after ice storm in New Brunswick. **Canada**

App 'danger' to police officers

PUBLIC SAFETY

Union says city's traffic tracker is a big problem



Stephanie Taylor
Metro | Winnipeg

A new city-sanctioned traffic app that allows drivers to anonymously post the location of police activity has the potential to put officers' lives in danger, says the president of Winnipeg's police union.

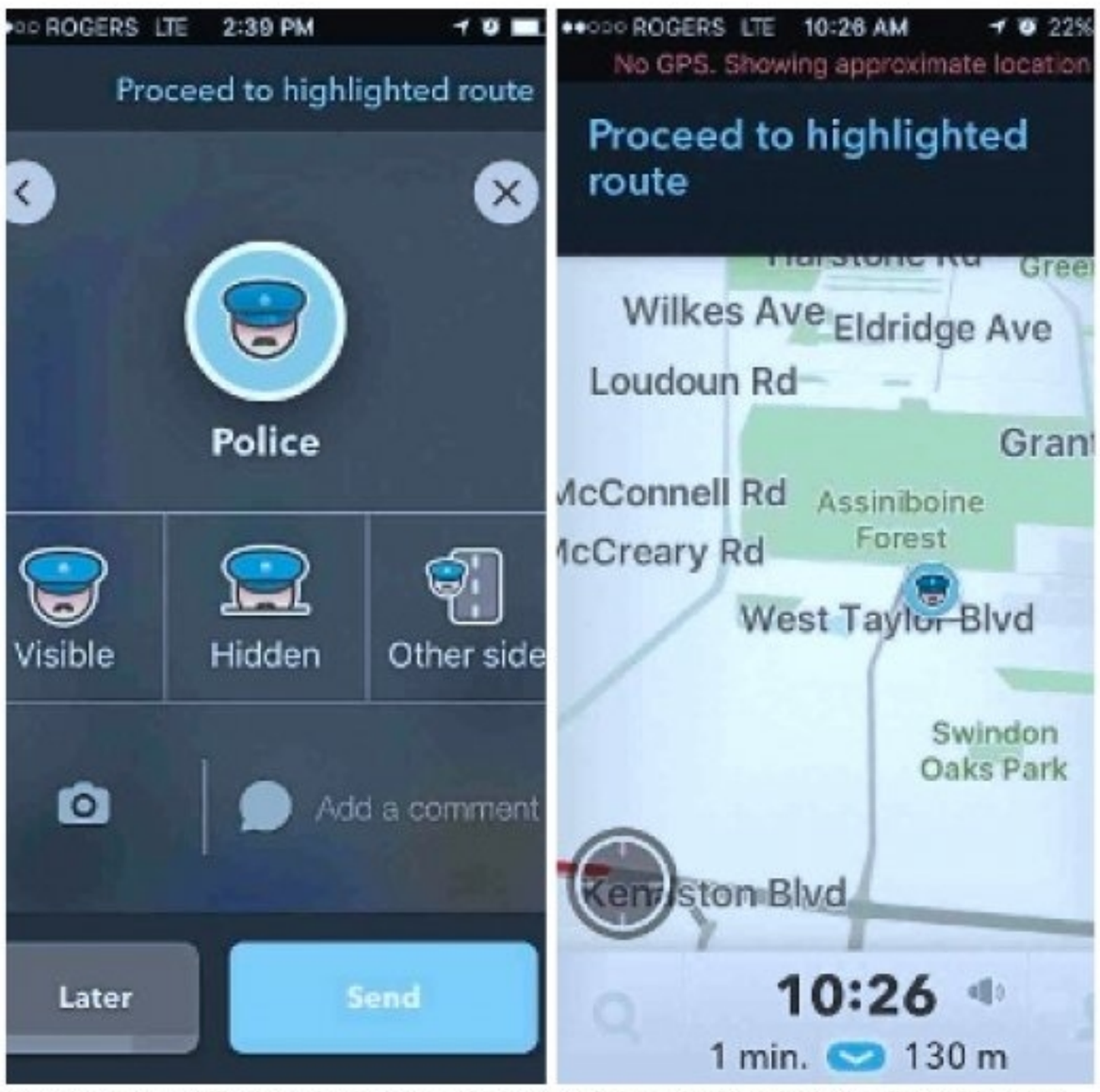
Moe Sabourin questions the rationale behind city hall's promotion of Waze, Google's free navigation app.

In late 2016, the city inked an agreement with the tech giant to give them access to traffic data like road closures and accidents gathered through the brand-new traffic management centre, 311 and public works crews.

The app then disseminates that information in real-time to drivers, who in turn upload their own reports of incidents on the road.

One feature allows drivers to post the whereabouts of both marked and unmarked police vehicles.

"To be letting people know the location of whether it's plain clothes officers that could be doing a stake or surveillance unit, that puts our members in danger," Sabourin said in a recent interview.



Google's Waze traffic data-sharing app, which recently launched in Winnipeg, allows drivers to share the locations of unmarked police cars. CONTRIBUTED

"There are certain elements of the public — bad elements of the public — that would love the opportunity to be able to ambush a police officer. That would be our main concern."

He adds that because officers who perform traffic enforcement are often alone, they are put at an even greater risk.

"Now that your location could be compromised the criminal element could find you a lot easier."

"I hate to refer to this situation, but the Moncton shooting. That individual made a call, a false call to get police into the area so he could murder them."

> **To be letting people know the location of whether it's plain clothes officers that could be doing a stake or surveillance unit, that puts our members in danger.**
> Moe Sabourin

Sabourin believes city officials did not think through the ramifications of this particular feature of the app before offering up such a strong endorsement.

Now he wants city hall to revoke its support — although promotion is part of the data-sharing agreement with Google — or at least voice concerns to the company.

Metro contacted a Waze spokesperson, but did not receive a response by press deadline.

Coun. Jeff Browaty, chairman of the Winnipeg police board, acknowledged he hadn't considered the app's impact on officer safety and said he would look into the issue.

"I'm going to suggest perhaps the police start using Waze themselves and realize when they're outed," he said.

Browaty called it "disappointing" the app also broadcasts the location of photo radar cameras.

Sabourin agrees, and says letting people know where traffic enforcement is taking place only makes problems like speeding worse.

For Const. Rob Carver, a spokesperson for the Winnipeg Police Service, anything that encourages people to slow down is worth it.

He said that police-racking technologies, whether it's an app or Facebook page that outs the location of holiday check stops, is part of the landscape of the job in 2017, which means officers have to stay vigilant.

"Is it concerning? It's always concerning to know that, certainly in our line of work, but in many, that people know in advance where you are and you may not know that they know that," Carver said.

This is not a new issue, however, as cities across North America have signed similar agreements with Google to power Waze.

Back in 2015, the National Sheriffs' Association in the U.S. launched a campaign for Google to disable the feature.

RESPONSE

Coun. Marty Morantz, chairperson of the public works committee, said he's unaware of any evidence that indicates the Waze app has compromised officer safety.

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Eerie Churchill brought to life

THEATRE

Quirky murder mystery takes place on The Flats

Michelle Bailey
For Metro | Winnipeg

One date with the Town of Churchill and it was love at first sight.

When Winnipeg writer Ginny Collins decided to head north to Churchill seven years ago, she had no idea her experience would eventually be played out on a theatre stage.

"I went there to visit some friends and I couldn't believe how exotic this place was," said the 33-year-old, of the little town that boasts a population of roughly 800.

"I know you wouldn't necessarily link the term exotic with somewhere that is crazy cold and barren, but honestly, I couldn't believe such a beautiful place existed in Manitoba."

Her trip to Churchill inspired Collins to pen the script for The Flats which is currently playing at the Prairie Theatre Exchange until February 12.

Julie Lumsden, Alicia Johnston and Nyla Carpentier act out a scene in The Flats, a murder mystery based in Churchill, Man.
LEIF NORMAN/FOR METRO

The Flats itself is not geographical fiction, as it's located just outside of town. It's where the Churchill River empties into the Hudson Bay.

Collins said what also isn't fiction is how the town folk "keep each other alive up there."

"People constantly look out for one another because as beautiful as this place is, residents are constantly on alert," Collins said. "Everyone has to keep their vehicles and homes unlocked in case someone needs to immediately dodge a hungry polar bear."

For her play, however, Collins turns that friendly community mentality on its heels. What if everyone locked their doors and Churchill became the scene of a missing doctor and the polar bears were the least of their worries?

This quirky murder mystery takes place on The Flats, a frozen strip of land that becomes the focus of a search for this doctor and brings forward strange residents, peculiar town secrets and even a few ghosts.

"The audience response to the play so far has been overwhelming," said Collins." It's been such a surreal experience for me and I am thrilled people like it."

Once The Flats has completed its run at PTE, the production will move into Winnipeg's French Quarter. With a fully bilingual cast and crew, it will make its French-language premiere as Les Flats at Cercle Molière from March 2-18.

More information is available at www.pte.mb.ca.

MUSIC

Sam Roberts Band bridges old with new on winter tour

Nigel Moore
For Metro | Winnipeg

Frontman of the Montreal rock band that bears his name, Sam Roberts will have lots of things — new, old and timeless — to sing about when he steps on stage Tuesday at the Burton Cummings Theatre.

The Sam Roberts Band is touring our frozen country again this winter in support of new record Terraform, released last October. With Roberts are his longtime bandmates Dave Nugent (guitar), Eric Fares (keyboard/guitar), Josh Trager (drums) and James Hall (bass).

The group is aiming to stand apart from what they've done before.

"That's at the heart of what this tour is about; is coming and not just showcasing but finding a way to weave in all these new songs, this new vision, this new direction, into the music that we've made in the past. And try to write a new story with it," said Roberts.

Sam Roberts and his rock band will be in Winnipeg Tuesday for a show at the Burton Cummings Theatre.
COURTESY PAUL LABONTE

As a songwriter, he said he holds a mirror up to the times we live in. More often than not, what he sees is familiar: the endless struggle between lighter and darker aspects of human nature.

"If you let it be as unfogged or clear as possible, you'll find that you're facing the same things over and over again. I don't think it was particular to 2016," he said.

"If you look back to 2002, you'll find the same things. Or to 1977, you'll find the same things. By varying degrees, obviously, but we're confronted by the push and pull of our own will as human beings."

"Either it's to covet and to envy and leads to destruction. But we also have this incredible capacity for love and compassion and altruism, and it's the battle; the tug of war between those two sides of our collective personality, that in 2016 felt like the one side of us was pulling a lot harder," he said.

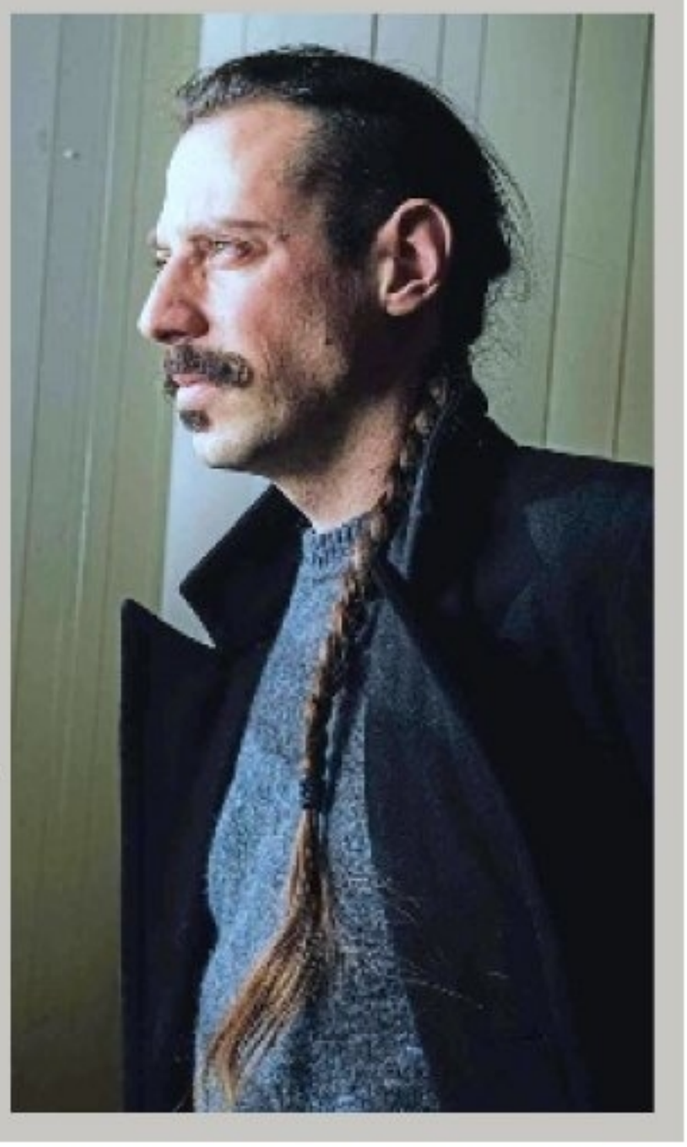
That duality has always been in his songs, he said.

"You can have an uplifting song with dark lyrical content. Again, you have that kind of beautiful tension between the two, and I'm definitely drawn to that when I write songs."

Tickets are $29 to $63.50 at Ticketmaster. The band has partnered with Plus One so that $1 from every ticket will go to support War Child Canada.

Faces of Winnipeg by David Lipnowski

Daniel Peloquin-Hopfner is a well-known Winnipeg multi-instrumental musician who tours a lot. He was always in bands growing up, and he has never left the road. Originally from St. Rose du Lac, Man., which is about 50 kilometres east of Dauphin, he grew up on his family's farm where he was homeschooled. He left the small town at age 17 to pursue an education in Winnipeg. He went to the University of Manitoba where he studied theatre and performed at the Black Hole Theatre. A couple fun facts: Daniel has a pretty big Star Wars addiction, and has worked as a park interpreter.



Faces of Winnipeg This is a weekly Metro series appearing in every Monday's edition. In 2013, local photographer David Lipnowski launched his art project, A Portrait a Day, in which he captured everyday Winnipeggers on the city's streets. You could say this series is an extension of that exhibit.

Army helps New Brunswick post-storm

Antoine Mazerolle collects water in Pointe-Sapin, N.B. after a winter storm blasted through the region. THE CANADIAN PRESS

WEATHER

Soldiers deploy to areas hit the hardest

New Brunswick's premier says the military is sending between 100 and 150 troops to help with recovery efforts in the areas that have been hardest hit by last week's ice storm.

Brian Gallant said Sunday that soldiers are being deployed over the next 24 hours in the effort to assist local authorities by going door-to-door to check in on residents, clear debris and distribute water and other essentials.

"Everybody is in a mode in which we understand that every minute counts, every hour counts and every day counts, and we're all focused on one thing," he said.

New Brunswick Power reported that more than 25,000 customers were affected by the outages Sunday, the bulk of them on the Acadian peninsula, where the impact of Wednesday's storm has been most severe.

The Canadian Armed Forces sent in a recon team Saturday to see how to best direct their efforts in response to the premier's request for help.

Around 350 crews worked under strenuous conditions Sunday that have stalled restoration efforts, Gallant says, such as extreme ice loading on lines, which has even caused new outages on the Acadian Peninsula.

He said in certain areas, the extent of the damage to electrical equipment has been more severe than expected. He added that 31 people are being treated for what is believed to be carbon monoxide poisoning as of Sunday.

It's a more than fourfold increase in cases from the day. Two deaths last week were believed to be caused by carbon monoxide poisoning. THE CANADIAN PRESS

MILITARY

Al-Qaida targeted in U.S. raid in Yemen

A U.S. military service member was killed Sunday during a raid against al-Qaida militants in central Yemen that also left nearly 30 others dead, including women and children.

The loss of the service member is the first-known combat death of a member of the U.S. military under President Donald Trump.

"Americans are saddened this morning with news that a life of a heroic service member has been taken in our fight against the evil of radical Islamic terrorism," Trump said in a statement.

The U.S. has been striking al-Qaida in Yemen from the air for more than 15 years, mostly using drones, and Sunday's surprise pre-dawn raid could signal a new escalation against extremist groups in the Arab world's poorest but strategically located country.

A U.S. defence official said the raid was approved by Trump. President Barack Obama had been briefed on it before he left office on Jan. 20, but for operational reasons it was not ready to be executed before he departed, according to the official.

THE ASSOCIATED PRESS

Smoke billows behind a building following a Jan. 22 airstrike by the Saudi-led coalition in the Yemeni capital Sanaa. AFP/GETTY

NIGERIA

Gunmen ambush convoy

Gunmen believed to be Nigeria's Boko Haram Islamic extremists attacked a convoy of motorists along a recently secured highway, killing at least seven people and injuring many others, including soldiers in a military escort, witnesses said.

The Maiduguri-Biu highway has been one of the most dangerous routes in northeastern Nigeria for three years because of Boko Haram attacks. The Nigeria military recaptured it last year and declared it safe, but the military escorts motorists moving in convoy along the road.

The gun fight continued for some time with many passengers ducking in their vehicles to avoid being hit by bullets, said Pambe.

The incident came three days after Boko Haram gunmen suffered a heavy loss of members after a foiled attempt to attack a military base in Borno state. In that incident, a large number of the insurgents stormed a military base in Kamaya but failed to dislodge the soldiers.

Neither the police nor the military has yet issued a statement on the Maiduguri-Biu road attack. THE ASSOCIATED PRESS

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Donald Trump's administration: *Muslim ban*

Voices from across Canada

As the reality of President Donald Trump's sweeping immigration order sinks in, dual Canadian citizens and refugees remain anxious and on edge. The order temporarily bars the citizens of seven predominantly Muslim nations — Iraq, Syria, Iran, Sudan, Libya, Somalia and Yemen — from entering the United States. **METRO CANADA**

CALGARY

A Syrian refugee family who moved to Calgary shortly after their initial arrival in the U.S. is heartbroken they will not be able to visit family across the border.

"This isn't fighting terrorism, it's tearing families apart," said Saima Jamal, co-founder of the Syrian Refugee Support Group (SRSG).

She described a Syrian refugee family comprised of a couple and two young children who moved to Canada last year. The woman, Yusra Alshakh, was planning to visit her family members that live in the U.S., but the SRSG had to explain that was not an option for the next few months at least. Speaking through a translator, she said she feels devastated she might not get to see her mother or sister.

"To see these people blanket labelled as terrorists — it's unbelievable," Jamal said.

Edmonton's Saghar Sobhani.
CONTRIBUTED

Toronto's Bayan Khatib.
EDUARDO LIMA/METRO

VANCOUVER

Vancouver resident and entrepreneur Wyle Baoween just returned from an annual family vacation in Hawaii with his American in-laws and had planned to attend several investor meetings in Seattle, but after U.S. President Donald Trump's executive order on Friday, he says he no longer feels comfortable travelling to those places.

Baoween, a Canadian permanent resident originally from Yemen, came to B.C. about one year ago as a student.

He and two friends co-founded the company, HRx, in an effort to eliminate racial profiling from the hiring process.

But the recently announced day travel ban has shaken his optimism.

"I was frustrated. You feel like you have no power to change anything," he said.

Vancouver's Wyle Baoween.
JENNIFER GAUTHIER/FOR METRO

Calgary's Yusra Alshakh
ELIZABETH CAMERON/FOR METRO

TORONTO

Bayan Khatib is worried she may not be able to see her family any time soon.

As a Syrian-Canadian, she should be able to travel in and out of the United States without an issue.

But hearing about migrants, refugees, and people with valid visas and green cards detained at airports or denied entry to the U.S. in the wake of Trump's executive order has left Khatib anxious about making trips south of the border.

On the other side of the border there's equal confusion. Toronto resident and Iranian-Canadian Newsha Ghaeli is currently conducting research at MIT, and decided to postpone her visit to see family in Canada.

"I don't want to take chances. It puts us under a lot of anxiety," she said.

OTTAWA

Ottawa residents who have been Canadian citizens for decades are still fearful of travelling to the United States.

Amin Asadollahi, climate change lead at the International Institute for Sustainable Development in Ottawa, travels for work and said despite those assurance he is going to be cautions about travelling.

"Am I no longer able to do that? Do I have to teleconference in?" He said.

Asadollahi said the U.S. policy change was so swift he finds it hard to predict what the administration might do next.

"He is labeling people based on their religion and their place of birth as criminals," he said. We should call racist policy racist."

EDMONTON

Trump has suddenly canceled Valentine's Day plans for an Iranian couple, one who lives in Edmonton and the other in California.

Saghar Sobhani, 22, has spent about a quarter of her short life searching for a place to welcome her and her family — all of them Baha'i — a religious minority in Iran, the country where she was born and was forced to flee.

But what makes this so personal for Sobhani is that her boyfriend Sahab — who was also born in Iran and forced to flee — now lives in California, where he studies aerospace engineering.

Sobhani said she and her boyfriend met as refugees living in turkey, where she and her family had fled after religious persecution in Iran. About four years ago, the two were forced to part — he moved to California to be with his family, and she came to Canada.

"We technically can't see each other," she said. "I believe in the American people to do something."

Restrictions clarified

Ryan Tumilty
Metro | Ottawa

Federal Immigration Minister Ahmed Hussen said Sunday he's been assured Canadian citizens and permanent residents can travel through the United States as usual, even if they also hold citizenship in one of seven countries President Donald Trump targeted in an executive order.

Trump's order over the weekend banned citizens from Iraq, Iran, Syria, Libya, Somalia Yemen and Sudan from travelling to the U.S., leaving thousands in limbo at airports around the world.

Hussen said he has received assurance from officials that dual-Canadian citizens and permanent residents with a valid card would not be stopped.

QUEBEC CITY

'Barbaric violence' at mosque

Quebec City police say there have been fatalities at a shooting incident at a mosque in the provincial capital.

Unconfirmed reports varied in number of casualties, but news service Reuters was reporting that five people were dead.

Police said two suspects were in custody.

A live video feed on a Facebook page of a mosque showed images of multiple police vehicles and yellow police tape.

Public Safety Minister Ralph Goodale tweeted Sunday he is deeply saddened by the loss of life, his office says no motive has been confirmed.

Quebec Premier Philippe Couillard reacted on Twitter by calling it "barbaric violence."

"All our solidarity is with those who are close to the victims, the injured and their families," he said.

The mosque in question had a pig's head left outside the building last June.

Prime Minister Justin Trudeau also weighed in on the tragedy.

"Tonight, Canadians grieve for those killed in a cowardly attack on a mosque in Quebec City," he tweeted. "My thoughts are with victims & their families." THE CANADIAN PRESS

Police survey the scene of a shooting at a Quebec City mosque on Sunday.
FRANCIS VACHON/THE CANADIAN PRESS

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Donald Trump's administration: *Muslim ban*

Advocates 'in crisis mode'

RESISTANCE

Lawyers struggle, protesters rally as White House clamps down

President Donald Trump's immigration order sowed more chaos and outrage across the country Sunday, with travellers detained at airports, panicked families searching for relatives and protesters registering opposition to the sweeping measure that was blocked by several federal courts.

Attorneys struggled to determine how many people had been affected so far by the rules, which Trump said Saturday were "working out very nicely."

But critics described widespread confusion, with an untold number of travellers being held in legal limbo because of ill-defined procedures. Lawyers manned tables at New York's Kennedy Airport to offer help to families whose loved ones had been detained, and some 150 Chicago-area lawyers showed up at O'Hare Airport after getting an email asking for legal assistance on behalf of travellers.

"We just simply don't know how many people there are and where they are," said Lee Gelernt, deputy director of the American Civil Liberties Union's Immigrants' Rights Project.

Protesters carry signs in Lafayette Park near the White House during a demonstration to denounce President Trump's executive order. ALEX BRANDON/THE ASSOCIATED PRESS

Advocates for travellers say the chaos is likely to continue. The executive director of National Immigration Law Center, Marielena Hincapie, said "this is just the beginning."

"We're really in a crisis mode, a constitutional crisis mode in our country, and we're going to need everyone," she said. "This is definitely one of those all-hands-on-deck moments."

Protests continued across the country Sunday. Demonstrations first erupted Saturday, a day after Trump signed the order banning travel to the U.S. by citizens of Iraq, Syria, Iran, Sudan, Libya, Somalia or Yemen. The president also suspended the U.S. refugee program for four months.

Standing in sight of the Statue of Liberty and Ellis Island, demonstrators on Sunday packed New York City's Battery Park to demand an end to President Donald Trump's ban on travellers from seven majority Muslim nations. The crowd gathered Sunday near the ferries that carry visitors to the statue and the island, the place where 12 million people entered the U.S. in the golden age of immigration. They carried signs saying "America was built by refugees," and "Muslim ban is un-American." THE ASSOCIATED PRESS

Starbucks stands up vs. Trump

Starbucks says it will hire 10,000 refugees over the next five years, a response to Donald Trump's suspension of Syrian refugees and temporary travel bans.

Howard Schultz, the coffee retailer's chairman and CEO, said in a letter to employees Sunday that the hiring would apply to stores worldwide and the effort would start in the U.S. where the focus would be on hiring immigrants "who have served with U.S. troops as interpreters and support personnel."

Schultz, a supporter of Hillary Clinton during the presidential run, took aim at other parts of a Trump agenda focused on immigration, repealing Barack Obama's health-care law and restructuring trade with Mexico. The letter said that Starbucks would help support coffee growers in Mexico, provide health insurance to eligible workers and back an Obama-era immigration program. THE ASSOCIATED PRESS

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Global reaction
Many decry ban while nationalists applaud

Theresa May

Angela Merkel

Geert Wilders

Marco Minniti

UNITED KINGDOM
British Prime Minister Theresa May does "not agree" with Trump's order and will challenge the U.S. government if it has an adverse effect on British nationals, a spokesman said. A petition on the British Parliament's site attracted hundreds of thousands of signatures backing its call for Trump, who has been invited to meet Queen Elizabeth II, to be barred. THE ASSOCIATED PRESS

GERMANY
Chancellor Angela Merkel also regretted the ban. Merkel raised the issue during a phone call with Trump, citing the Geneva Refugee Convention that calls on signatories to take in people fleeing war. "She is convinced that even the necessary, resolute fight against terrorism doesn't justify putting people ... under general suspicion," a spokesman said. THE ASSOCIATED PRESS

NETHERLANDS
In contrast, nationalist and far-right groups in Europe applauded the restrictions and said they should be used a model for the continent. The Dutch anti-Islam populist Geert Wilders said in a tweet: "Well done @POTUS it's the only way to stay safe + free. I would do the same. Hope you'll add more Islamic countries like Saudi Arabia soon." THE ASSOCIATED PRESS

ITALY
In Italy, the leader of the anti-immigrant Northern League party also expressed admiration. "What Trump's doing on the other side of the ocean, I'd like it done also here," Matteo Salvini said. Meanwhile, Italy's Interior Minister Marco Minniti, who had held top security roles in recent governments, warned against "equating immigration and terrorism." AP

metro VIEWS
Your essential daily news
Monday, January 30, 2017

URBAN ETIQUETTE ELLEN VANSTONE

THE QUESTION

Is it polite to decline a destination wedding invitation from a work friend you wouldn't invite to your own wedding?

Dear Ellen,

A work friend of mine got engaged over Christmas, and invited me to the wedding. I was surprised because I love working with her, but we don't really see each other outside of work, and honestly if I was getting married I don't know if I would invite her. The only problem is the wedding is in Jamaica, which is pretty far from Calgary. So it will be expensive to go, and it's in May. I might be tempted to go and make a holiday of it if it was winter here, but it doesn't make sense to go in the spring-summer. I feel bad about not going, but also a little mad that she expects me to pay for a big trip like this. Is it polite to decline the invitation?

Saskia

Dear Saskia,

According to the most recent statistics I could find in a one-minute Google search, more than 160,000 Canadian couples are getting married this year, and, according to Weddingbells.ca, one in four will choose to have destination weddings.

Which means a lot of wedding guests will be shelling out for trips to fulfil someone else's fantasy instead of spending their hard-earned dough on their own pre-planned holiday.

Expecting guests — especially ones such as yourself who aren't close to the couple outside of work, and have no personal connection to the family — to commit so much time and money to their wedding can definitely seem unreasonable.

On the other hand, consider the possibility of mitigating factors. Is the bride inviting other people from work? If so, she may have thoughtfully included you rather than risk your feeling excluded. Is she or her partner originally from Jamaica? If so, they might justifiably want to get married there. Is she actually from Calgary, but going to Jamaica because she hates her local friends and relatives and wants to discourage them from attending? In that case, you can decline the invite with a clear conscience.

As I've pointed out in previous columns, weddings make all kinds of sensible people lose their minds. And the rest of us should go along, as much as possible within reason, in the name of love and friendship.

But that doesn't mean we have to bend to demands we find unacceptable or unaffordable. Simply send your regrets, no explanation necessary, and follow up with a thoughtful gift. If she complains or tries to pressure you, chalk her bad manners up to wedding madness, and try not to hold it against her.

Need advice?
Email Ellen:
scene@metronews.ca

NADINE YOUSIF

Why Trump's Muslim ban really hurts

I made plans to visit New York City over the month of February. Like most Canadians, I did this without a second thought. After all, crossing the border down south is easy for us. Shopping trips in New York State, winter breaks spent in Florida, or a visit to countless U.S. cities to see family and loved ones are common occurrences for Canadians.

Suddenly, my plans came to a halt under Donald Trump's so-called "Muslim ban," all because of my place of birth. I am an Iraqi-Canadian who was born in Baghdad. My family came to Canada 10 years ago, and I currently hold dual citizenship from both countries. As my plans were halted, so was an embodied sense of safety and security that I've held within me since I've immigrated to Canada.

Being Iraqi in today's age already comes with its own challenges — waking up every day to news of massacres back home with the imminent fear of family members being lost, while dealing with the constant desensitization people seem to hold towards tragedies in the Middle East, is never an easy task.

But as an Iraqi-Canadian, I always held a sense of hope and a better future for my family and me. I am constantly grateful for the opportunities and support Canada has given me, while still being proud of my Iraqi identity — a fact I proudly display through a giant Iraqi flag that sits in my bedroom.

When news emerged that dual citizens from the seven countries outlined in Trump's ban are now barred from entering the U.S., the same Iraqi identity I held so dear felt like it was now reduced to an identity of a second-class citizen.

Prime Minister Justin Trudeau reassured the public by stating that Canadian dual citizens can still enter the U.S. with no problems, but the damage has already been done for countless Canadians like me.

This Muslim ban has taken hopes of new experiences, reconnecting with family and loved ones, and the simple freedom of will away from us, while reinforcing an idea that we are merely to be looked at as suspicious, criminals, and untrustworthy.

It is hurtful to know that despite being a citizen of Canada and having visited the U.S. on multiple occasions for the better part of the last six years, freely crossing the border can suddenly be taken away from me, simply because of my place of birth — a fact that cannot be controlled. It is hurtful to know that the possibility to see my grandparents, aunts, uncles, and cousins in the U.S. could diminish at any moment for no reason, and for matters that are beyond my control.

But overall, the most hurtful part is the promotion of the negative and false rhetoric that surrounds Arabs and Muslims in part by this ban, all while many fleeing serious danger are now being denied a chance at life.

For now, I may be able to cross the border in February, but this incident has left those like me to live in a constant state of fear and confusion due to blatant racism.

I know that I, for one, will not be able to cross the U.S.-Canada border under Trump's America without the constant fear of prosecution.

And no innocent person, regardless of any place of birth or citizenship, should ever feel that way.

Nadine Yousif is a fourth-year journalism student at Carleton University, editor of the campus paper, the Charlatan and a dual Iraqi-Canadian citizen.

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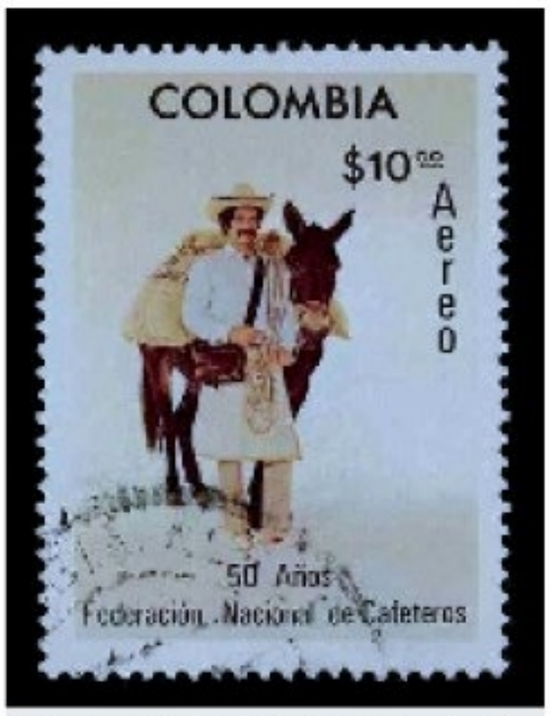
HEADLINE
COFFEE

Mountainous taste

Colombian Excelso takes coffee lovers to new heights

By: Sean Deasy



Juan Valdez and his trusty mule Conchita; fictional characters that embody Colombian coffee.

For many of us the mention of Colombian coffee summons the enduring vision of coffee farmer Juan Valdez and his trusty mule.

And with good reason.

We've seen the ubiquitous fictional character since the late 1950s in everything from TV and magazine advertisements to logos and stamps (pictured, above) as the iconic symbol of the National Federation of Coffee Growers of Colombia. It seems the Colombians made decent coffee at the midway point of the 20th Century and invested heavily in spreading the word.

"Colombian was the most popular coffee [back in the day] because they had the best marketing," says Eric Shabsove of Mountain View Estates Coffee. "They rode that marketing campaign for a long time, even when the quality of the coffee wasn't as good as some neighbouring countries."

But that has all changed, says Shabsove, whose Toronto-based roastery imports coffee from around the globe. "Colombian coffee is the real deal now: great coffees with the perfect balance and acidity. You can light roast or dark roast the beans, or you can put them in blends. And it's a washed coffee so it's also a very clean cup – quite enjoyable to drink both in the morning and afternoon."

Shabsove is not alone in his admiration for Colombian java. The prevailing belief among coffee aficionados is that Colombian coffee is once again a leader in world coffee. And a great deal of its resurgent success, understandably, stems from where the beans are grown. In this case, Excelso Coffee is from the state of Huila in south-western Colombia.

Huila a good cup

The area is incredibly diverse in terms of climate and landscape: the southern part of the region grazes the Andes Mountains, which helps create an unprecedented growing capacity.

Most coffee-producing countries only harvest once a year – some are fortunate enough to harvest twice. Not so in Huila, which is near the equator, boasts near-perfect weather, and sits at a considerably high altitude. "This coffee is unique because of the weather and the altitude and the Andes Mountains nearby," says Shabsove. "They harvest this coffee almost all year round."

There's such an abundance of trees that some will go dormant. "But when you've got this kind of soil and this kind of weather, you'll have flowers beside coffees that are beautiful cherries. That's just what's amazing."

That's also why the beans are handpicked, says Shabsove. "Because you could have a flower, you could have a green bean and you could have a red cherry ready to go, so you have to pick each one separately."

What does Huila's diverse climatic conditions and fertile soil mean for coffee lovers? Quite simply: a variety of high-quality, well-balanced beans with near-perfect acidity.

It's produced in a micro-lot structure, where producers pick the ripe cherries, which are then washed, dried and processed into dry parchment. The product is then sent to a central hub where the coffee is sorted for quality and readied for export.

Ultimately this coffee is destined to leave a very good taste in your mouth.

Cadefihuila cares

Who are the growers behind Colombian Excelso coffee? The Cooperativa Departmental de Caficultores del Huila, or Cadefihuila, for short.

Cadefihuila was established in 1963 by just 19 members with the goal of uniting the many small coffee producers in the region. Their mission? To increase their members' income, attempt to solve social and economic problems, and protect against an instable coffee market.

Their numbers grew considerably in the 1990s, as producers from other areas of Huila joined the group. This created the large and multi-departmental co-op that Cadefihuila is today. The co-op now comprises 4,000 members from 25 municipalities across the state.

In 2014 the organization became Fairtrade certified, which has fortified their mission to support their members in shaping a sustainable future for their business. They are able to offer the best possible price to their coffee producers, as well as provide technical services, farming products and access to international markets. The organization continues to grow and remains committed to becoming a world leader of specialty Colombian coffees, in particular.

Their many social initiatives have turned heads in the industry. "They have scholarships for the children of the producers, that's one area that they focus strongly on," says Shabsove. "They also do a lot of medical projects for their members and the people that participate in production. So they do a lot of good things for the people and Fairtrade helps them as well."

Fairtrade impacts

Certainly the Fairtrade premium is an asset. Investments have been made in training on environmental criteria and on how to farm sustainably without damaging the ecosystem's biodiversity. One notable project is currently underway to renovate the plantations to combat la roya (leaf rust disease).

Cadefihuila has also made great progress in providing coffee infrastructure, such as drying and milling facilities, to their members. The intention is to develop infrastructure further and upgrade water treatment systems. The group has also developed a business and marketing strategy for their coffee.

The co-op now has two technical assistance teams – one for agriculture and the other for environmental sustainability. Training in crop management to boost quality and yields has already resulted in higher production levels.

A certain Colombian coffee grower, standing alongside his four-legged companion, could hardly be blamed for beaming with pride.

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metro LIFE

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Canadian documentary Rumble, about Indigenous musicians, wins award at Sundance

There goes the retirement dream

Nearly two-thirds of boomers say supporting adult children is preventing them from saving for retirement

ISTOCK

Lisa Wright
Torstar News Service

Rowena Chan knows all about the so-called "déja-boom" effect from relatives, friends and the usual water-cooler chatter among colleagues.

But it's also a growing part of her business. The phenomenon of grown kids boomeranging back home has become a big issue when it comes to baby boomers planning for retirement, says Chan, senior vice-president, TD Wealth Financial Planning.

According to a recent TD survey, the boomerang effect is in full swing, as a growing number of millennials continue to lean on their parents or grandparents for financial support — or to get their old room back.

In fact, almost 60 per cent of young adults ages 20 to 24 were living with their parents in 2011, according to the most recent census data, while one quarter of 25- to-29-year-olds were living with their parents that year.

And Statistics Canada says the trend has been steadily increasing since 1981.

One in four Canadian boomers admits to supporting their adult children or grandchildren, says the TD study.

"The people ready to retire in 10 or 15 years, they want their children to have a good start," she says, adding, "It may derail them a bit" from their retirement goals.

The survey found that 62 per cent of the baby-boom generation feels that supporting their offspring into adulthood is preventing them from saving enough for retirement, and 58 per cent reported feeling financially stressed by the situation.

"As a parent or grandparent, it's natural to want to help our kids and grandkids, who may be facing financial challenges such as finding full-time employment or paying their day-to-day expenses," Chan says.

"It's important that this desire to help is balanced with the goals you have when it comes to retirement," she notes.

The trend is not going unnoticed by boomers' children, either.

"It's natural to want to help our kids and grandkids who may be facing financial challenges
Rowena Chan, senior vice-president, TD Wealth Financial Planning

Almost half (44 per cent) of millennials report that they're fully aware of the financial stress the situation places on mom and dad, with 43 per cent of millennials saying they are willing to cut costs before asking for their parents' help.

Experts say that retirement goals are still within reach. Meeting with a financial planner and doing a goals-based assessment is key to determining what the options might be for parents who are supporting kids while keeping their retirement plans on track.

$ LIVING TOGETHER

Negotiate the return
Discuss how everyone can contribute to the household budget and operations. For example, parents may be able to cover basics such as room and board, but expenses such as cellphone bills, car payments, and recreational activities could be covered by the kids. Also, consider having everyone pitch in to the costs of running the day-to-day operations and dividing the household chores.

Prepare to relaunch
Whether it's a newly married son and his spouse and child, or a daughter who recently graduated and has moved back home, there are plenty of opportunities to educate all family members on the importance of being fiscally responsible and working toward financial independence. Use a financial planner who has experience working with multi-generational family dynamics.

Decide when to release
As everyone maps out their action plans, identify a date when you will no longer be financially committed to each other. As you approach this date, set up a series of mini-goals that will allow parents or grandparents to free up funds to divert toward retirement savings, while ensuring that the kids are meeting the savings targets they set.

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WHY I LIKE MY JOB

Ian Hamilton, 41, anesthesia technician, Nova Scotia Health Authority, Halifax

I had been a paramedic for about 10 years and was looking for a change.

As a level-three paramedic, I knew I'd be pretty competent at anything in the operating room (OR) that had to do with anesthesia, so I thought it'd be a good fit.

(I took an) anesthesia course offered by the Maritime Business College; it was the first year they had outsourced it from the hospital, which used run the program in house on an on-demand basis. We learned the basics in class, and then part of the program is a six month, full-time apprenticeship in the OR.

(My job entails) a lot of different things depending on what service I'm working for, like orthopedics, cardiac or neurosurgery.

One of our prime responsibilities is making sure the anesthesia machine is running properly and has the equipment and gases connected. Then I'll speak with the anesthesiologist and find out if he had any concerns about the case, such as airway concerns, which might require special tools. I then help the anesthesiologist and monitor the equipment during surgery.

I like my job because the OR is like a great big family. especially in anesthesia. I've worked in emergency and pre-hospital for so many years, but I really didn't get the same feeling. It's also nice to be surrounded by people who are way smarter than you. Everybody is really there for the same common reasons and we work well together — the teamwork is outstanding.

THE BASICS: Anesthesia technician

$50K

Median annual salary for an entry-level anesthesia technicians, though salaries are dependent on experience and education level.

+14%

Projected rate of job growth over the next 8 years.

Data for this feature was provided by maritimebusinesscollege.ca, cas.ca, ontariocolleges.ca, onetonline.org and algonquincollege.com.

HOW TO START

In Canada, anesthesia technicians or assistants are a relatively new field, and most usually have some prior training as either a nurse, respiratory technician or paramedic. Some colleges — such as London, Ontario's Fanshawe and the Maritime Business College — offer specialized programs. Hospitals may also offer on-the-job training. Those looking at post-graduate courses may be required to have a respiratory therapy advanced diploma or a nursing degree, as well as 4,000 hours of experience. In class, technicians are taught the science and theory behind anesthesia, as well as train under an anesthesiologist to learn how to administer the drugs.

WHERE YOU CAN GO

Because of their advanced training, anesthesia technicians and assistants are sought after across Canada, though not all hospitals employ them. Most major hospitals in Canada will have at least some technicians or assistants on staff. Beyond the OR, there are opportunities in diagnostic units, post-anesthesia care units, emergency rooms, intensive care and child birth centres.

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metro SPORTS

Somalia-born Olympic champion Mo Farah says the U.S. travel ban "seems to have made me an alien" and unsure if he can return to his U.S. home

Tavares' wish for Olympics

HOCKEY

Canuck star would love to return but NHL has other ideas

John Tavares' first Olympics proved to be "bittersweet."

Though he ultimately captured gold with Team Canada in 2014, Tavares didn't get to play in the gold-medal game against Sweden because of a knee injury.

"Well, personally I would love to go again," said Tavares during all-star weekend in Los Angeles.

Whether he'll get that chance again is unclear and looking increasingly grim. The NHL remains reluctant to commit to attending the next Games in South Korea with deputy commissioner Bill Daly stating Saturday: "If the status quo remains I don't expect us to be in the Olympics."

John Tavares GETTY IMAGES

The NHL's board of governors met Saturday and spent about 10 seconds on the Olympics, according to commissioner Gary Bettman. The governors have expressed increasing angst against players returning to a sixth consecutive Games, opposed to shutting down their season in February for an event which they believe lacks in tangible benefit.

Those players who have been hope they'll reconsider.

"I would love to go there (again)," said Sergei Bobrovsky, the Columbus Blue Jackets netminder who represented Russia on home soil in 2014. "I think still it's the biggest competition in the world."

Bobrovsky said the history of the event couldn't be replicated.

"To represent your country it's a huge honour," he added.

Beyond the logistical hurdles that shutting down for the Olympics requires — a compressed schedule and greater risk of injury — the NHL isn't convinced that attending actually benefits the league in the big picture.

There was evidence, they've said, of an impact when the Games were in Salt Lake City (2002) and Vancouver (2010), but not so much when they took place outside of North America in Nagano (1998), Turin (2006) and Sochi (2014).

Beijing in 2020 certainly has appeal with its massive audience, PyeongChang far less so. The owners also weren't pleased when the International Olympic Committee said it would no longer subsidize the involvement of NHL players as it had since 1998.

"I think big-picture there's a lot of challenges to it," Tavares said. "But at the end of the day I think we as players love representing our countries and best-on-best hockey doesn't happen very often." THE CANADIAN PRESS

Metropolitan Division's Wayne Simmonds, right, of the Philadelphia Flyers, scores against Atlantic Division goalie Carey Price, of the Montreal Canadiens, during the NHL hockey All-Star game, Sunday. JAE C. HONG/THE ASSOCIATED PRESS

NHL

Simmonds stars as Team Crosby bests Team McDavid at All-Stars

Sidney Crosby got the best of Connor McDavid in Sunday's NHL all-star game. The Crosby-led Metropolitan division all-stars topped McDavid's Pacific division squad 4-3, capturing not only the three-on-three affair but a US$1 million prize that will be split among the players.

Philadelphia Flyers winger Wayne Simmonds scored the go-ahead goal and eventual game-winner in his first all-star game. Seth Jones, Justin Faulk and Cam Atkinson also scored for the victors. Crosby was ultimately held without a point. McDavid scored his team's second goal on a breakaway and later appeared to give them a 4-2 lead, but the goal was ruled offside. Atkinson quickly tied it, batting a second attempt by Mike Smith. He was followed by Simmonds, who rifled a one-timer past Smith.

SUNDAY in Los Angeles

METRO DIV.	PACIFIC DIV.
4	3

Joe Pavelski and Bo Horvat also scored in defeat for the Pacific division. McDavid and Crosby have been compared all weekend in Los Angeles, starting with Wayne Gretzky's assertion that the 20-year-old McDavid was "chasing" his 29-year-old counterpart for best-in-the-game status.

McDavid also noted of Crosby: "He's the best player in the world by far." McDavid leads the NHL with 59 points this season, just ahead of Crosby's 55. THE CANADIAN PRESS

HOCKEY

Patrick a focus for Prospects Game

There will be 40 players dressed for the Canadian junior Top Prospects Game but most eyes will on only two of them — Brandon Wheat Kings centre Nolan Patrick and Halifax Mooseheads forward Nico Hischier.

Winnipeg's Patrick and Hischier are expected to go first and second in the NHL draft June 23 in Chicago and each was named captain of a team for the game Monday night at the Centre Videotron. "I have a lot of respect for him, but I'm not going into the game thinking it's me against Nico," said Patrick. "I just want to help my team and play the best I can."

Patrick leads Team Orr, which includes Windsor Spitfires forward Gabe Vilardi, who is ranked third by NHL Central Scouting among North American skaters. Hischier is on Team Cherry, whose roster includes Windsor goaltender Michael DiPietro.

Dozens of NHL scouts will be gathering information on how the best players from the three Canadian-based major junior leagues perform against their peers. Patrick, who missed out on last year's draft due to a late birthday, has been the consensus No. 1 choice by most scouting services since the start of the season. But the Winnipeg native missed 35 games with an abdominal injury while Hischier's stock soared after a standout performance for Switzerland four weeks ago at the world junior championship.

The six-foot-three Patrick led Brandon to a Western Hockey League title last season, when he had 102 points in the regular season. THE CANADIAN PRESS

Nolan Patrick in a scuffle for the Wheat Kings. THE CANADIAN PRESS FILE

GOLF

Spaniard Rahm wins by 3 at Torrey Pines

Jon Rahm of Spain added his name to the burgeoning list of young stars Sunday with his big game and a big finish at Torrey Pines.

Rahm made two eagles over the final six holes, the last one a 60-foot putt from the back fringe on the par-5 18th hole for a 5-under 67 to win the Farmers Insurance Open by three shots for his first PGA Tour victory.

Rahm, who turned 22 in November, beat Phil Mickelson's mark as the youngest champion at this tournament. He also became the first player in 26 years to capture his first PGA Tour title at Torrey Pines. Rahm finished at 13-under 275, three shots ahead of Charles Howell III (68) and C.T. Pan of Taiwan, who had a 70. THE ASSOCIATED PRESS

Jon Rahm GETTY IMAGES

IN BRIEF

Streifel beats Armstrong, takes junior women's title

Alberta's Kristen Streifel topped Ontario's Hailey Armstrong 5-3 on Sunday to capture the women's Canadian junior curling championship in Victoria.

Streifel and her team of vice-skip Chantele Broderson, second Kate Goodhelpsen and lead Brenna Bilassy will represent Canada at the world juniors in South Korea next month. THE CANADIAN PRESS

AFRICA CUP OF NATIONS

Egypt sinks Morocco to make semi-finals

The fallen giant of the Africa Cup of Nations is rising again as Egypt became the final team on Sunday to force its way into the semifinals amid late drama.

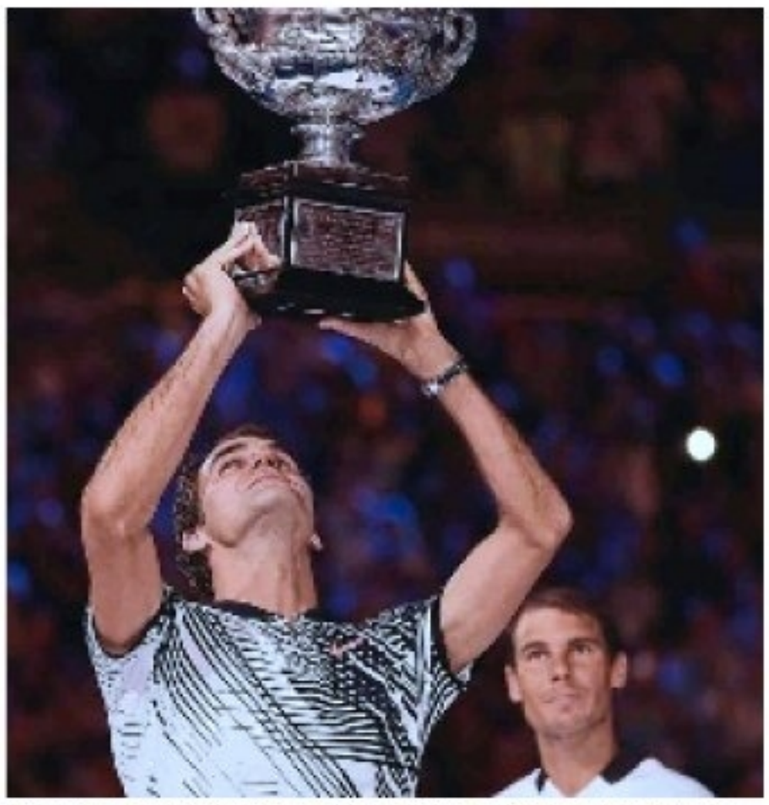
The record seven-time champion, held back by years of political upheaval back home, returned to the last four for the first time since 2010 with an 87th-minute winner over Morocco in the last quarter-final in Gabon. Mahmoud Kahraba hooked in a volley in a goalmouth scramble at the end, giving the Egyptians a 1-0 win. Egypt joined Ghana as quarter-final winners on Sunday, after Ghana's 2-1 win over Congo.

SUNDAY in Gabon

EGYPT	MOROCCO
1	0

Burkina Faso and Cameroon progressed to the semifinals on Saturday. THE ASSOCIATED PRESS

Roger victorious in reignited rivalry



Roger Federer raises the Norman Brookes Challenge Cup on Sunday in Melbourne. SCOTT BARBOUR/GETTY IMAGES

AUSTRALIAN OPEN

Swiss veteran tops nemesis Nadal for 18th major win

So here was Roger Federer, down a break in the fifth set in a Grand Slam final. Across the net was his nemesis, Rafael Nadal, the left-handed Spaniard he hadn't been able to beat in a major final in almost a decade.

The 35-year-old father of four was back in his first tour-level tournament after six months off letting his injured left knee recover, and he hadn't won any of the big four events in tennis since Wimbledon 2012. Nadal was returning from injury, too, and somehow the pair had renewed the Roger-Rafa rivalry in a throwback Australian Open final that transcended sport.

35

By winning in Melbourne, Federer became the oldest man since Ken Rosewall in 1972 to win a slam.

At that moment, an 18th Grand Slam title didn't feature in Federer's thinking.

Don't play the player, he reminded himself, just play the ball. Attack the serve.

With that, Federer recovered the break, and seized momentum in a roll of winning 10 consecutive points that helped propel him to a 6-4, 3-6, 6-1, 3-6, 6-3 win late Sunday night. His fifth Australian title extended his buffer to four atop the list of all-time Grand Slam champions. Nadal remained tied with Pete Sampras in second place with 14.

"For me it's all about the comeback, about an epic match with Rafa again," Federer said, "... that I can still do it at my age after not having won a slam for almost five years.

"That's what I see. The last problem is the slam count — honestly, it doesn't matter."

Federer had lost six of the previous eight Grand Slam finals he'd played against Nadal and was 11-23 in their career meetings. His last win over Nadal in a major final was at Wimbledon in 2007.

"It remains for me the ultimate challenge to play against him," Federer said. "It's super sweet, because I haven't beaten him in a Grand Slam final for a long time now.

"This one means a lot to me because he's caused me problems over the years."

With big wins come big celebrations, Federer said. "We're going to party like rock stars tonight." THE ASSOCIATED PRESS

ON SATURDAY

Roger Federer's victory capped a remarkable weekend for 30-somethings.

All four singles finalists were 30 or older — after 35-year-old Serena Williams, bottom right, beat her older sister, Venus, in the women's final to capture her Open-era record 23rd Grand Slam title. GETTY IMAGES

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RUGBY

Canadian men find stride in Wellington

There have been more valleys than peaks of late for the Canadian men's rugby sevens team. But Canada climbed high at the Wellington Sevens on the weekend.

The Canadians, who started the season with back-to-back 13th-place finishes in Dubai and Cape Town, found their stride under new coach Damian McGrath and placed fourth Sunday in New Zealand.

South Africa defeated Fiji 26-5 in the championship game on a windy day at Westpac Stadium. Canada won four straight matches before falling 21-5 in semifinal action to the high-flying Blitzboks, who have won two events and finished runner-up in the third. Adam Zaruba, named to the tournament all-star team, scored a late consolation try for Canada. THE CANADIAN PRESS

Adam Zaruba GETTY IMAGES

IN BRIEF

Payet leaves London behind to rejoin Marseille

France playmaker Dimitri Payet has re-joined his former club Marseille after forcing a move from West Ham — the club that helped to galvanize his career — just before the end of European soccer's transfer window.

Marseille said on its website Sunday the 29-year-old Payet had signed a four-and-a-half year deal, with West Ham saying the fee was 25 million pounds ($31 million US). THE ASSOCIATED PRESS

Aussies sweep in Calgary

Australian freestyle skiers Matt Graham and Britteny Cox swept moguls gold Saturday at a World Cup in Calgary.

Canada's Mikael Kingsbury finished second to Graham in the men's final, which ended Kingsbury's streak of six straight gold in Calgary. Benjamin Cavet of France was third.

Montreal sisters Justine and Chloe Dufour-Lapointe were second and third respectively behind Cox. THE CANADIAN PRESS

X GAMES

Canucks crowd podium in Aspen

Canada captured four more medals on the final day of the X Games on Sunday.

Tyler Nicholson of North Bay, Ont., won silver in the snowboard slopestyle final, while Mark McMorris of Regina claimed the bronze.

And Brett Turcotte of Kamloops, B.C., added a silver in the snowmobile best trick, while Josh Penner of Letellier, Que., earned bronze in front of a crowd of about 27,500.

Norway's Marcus Kleveland took the slopestyle gold with a best run score of 91.66, while the 24-year-old Nicholson scored 89.00. McMorris, who won bronze at the Sochi Olympics, scored 87.33 for his best run. The medal was the 23-year-old McMorris's 13th at an X Games.

Kleveland's victory came just days after he made X Games history on the big air jump, landing the world's first backside quadruple cork 1800. THE CANADIAN PRESS

MAKE IT TONIGHT

Spiced Roasted Chicken and Chickpea Traybake

PHOTO: MAYA VISNYEI

Ceri Marsh & Laura Keogh
For Metro Canada

Give chicken dinner a little jolt with this Morrocan spice blend and cool dipping sauce.

Ready in 35 minutes
Prep time: 10 minutes
Cook time: 25 minutes
Serves 4

Ingredients
- 5 Tbsp olive oil
- 4 cloves garlic, minced finely
- 1 tsp paprika
- 1 tsp cumin
- 2 tsp salt
- Pinch pepper
- Pinch of red pepper flakes
- 1 cup Greek yogurt
- 6 boneless, skinless chicken thighs
- 2 cups cherry tomatoes
- 15 ounce can chickpeas, rinsed
- 1 cup cilantro

Directions

1. Preheat oven to 450 F.

2. Whisk oil, garlic and spices together. Take 1 Tbsp of the mixture, stir it into the yogurt.

3. In a large bowl, toss the chicken, tomatoes, chickpeas and cilantro with the rest of the oil and spice mixture. Arrange in a single layer on a rimmed baking sheet.

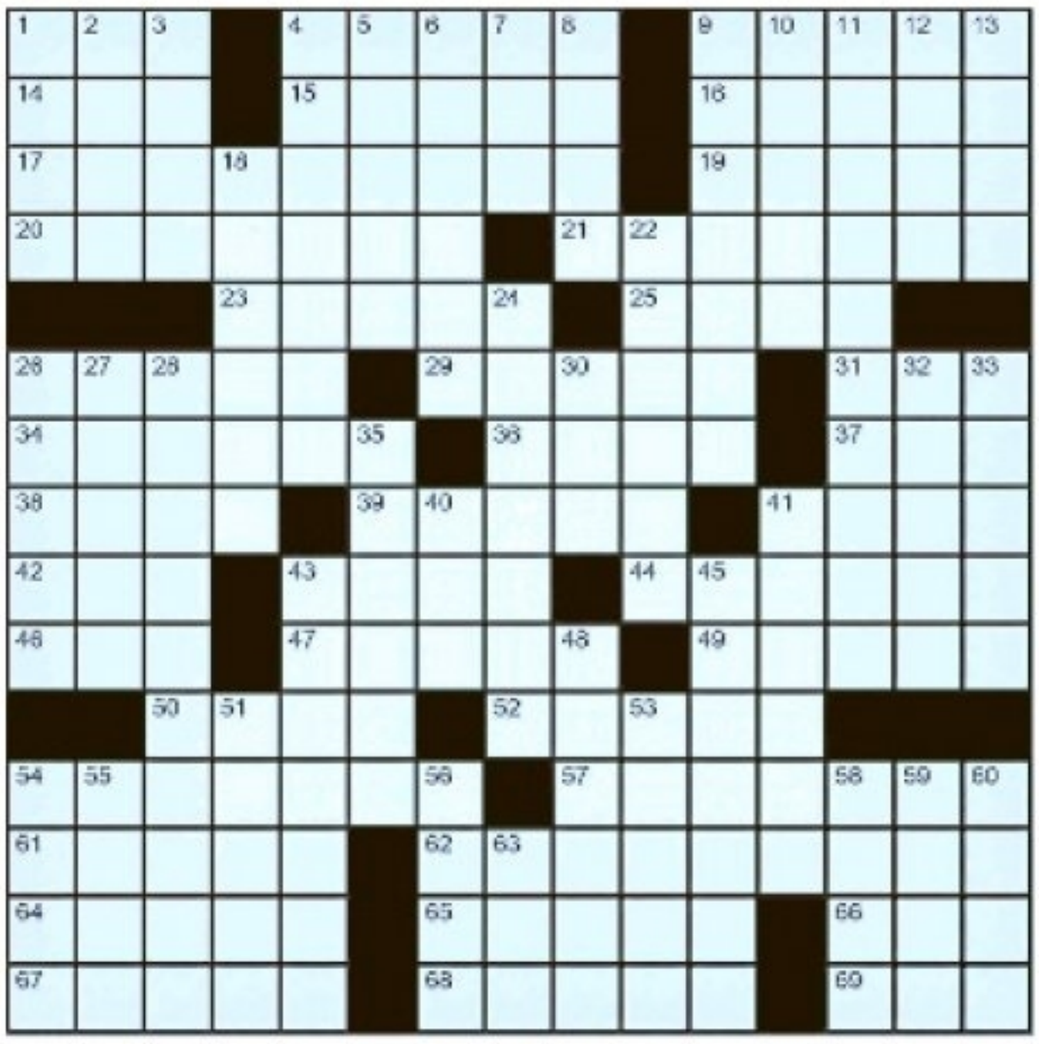
4. Bake for 20 to 25 minutes.

5. Serve with a dollop of the spiced yogurt.

FOR MORE MEAL IDEAS, VISIT SWEETPOTATOCHRONICLES.COM

CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN



ACROSS
1. Frequently, short style
4. Weasel kin
9. Spy for Moses
14. Vertical's opp.
15. Gabriel of "Miller's Crossing" (1990)
16. Sheep-like
17. Computer-using accessories
19. Ski run
20. Toughened
21. Those in hot pursuit in movie car chase scenes
23. More dreadful
25. Deli side dish
26. Gilbert and Rue
29. "Same here."
31. Want __ (Newspaper notices)
34. Thuds
36. Tense/tight
37. Ink-on-skin pic
38. Cars member Mr. Ocasek's
39. Unexpressed, but understood
41. Ms. Gershon
42. "Yuck."
43. Cummerbund
44. Cause and __
46. Funnyman Mr. Brooks
47. Polynesian amulets
49. Old tales
50. Genesis paradise
52. Type of duck
54. Fiercely feminine big cat
57. Ode on a __ Urn (1819 John Keats poem)
61. "You're in __ of trouble!"
62. "The Age of __" (1993) starring Daniel Day-Lewis and Michelle Pfeiffer
64. "__ Schoen" by Wayne Newton
65. American frontiersman, Daniel __ (b.1734 - d.1820)
66. Office neckwear
67. Found the math sum
68. Trigonometry ratios
69. Not even, numbers-wise

DOWN
1. Electrical resistance units
2. __ the bill
3. 1983 Spandau Ballet hit
4. Pyramid-topped pillar
5. Computer keyboard user
6. Conducted a transaction in sports or business
7. Terminate
8. Inactivity
9. Cockpit professional
10. Canadian singer Eva
11. Founded in 1972, eponymously-named Canadian cosmetics company: 2 wds.
12. __'acte (Play interlude)
13. Busy bugs
18. Certain cars
22. Shrewd
24. British movie director Guy
26. Theatre curtain fabric
27. Lewis Carroll character
28. Neil Young or Bryan Adams: 2 wds.
30. Mai __ (Cocktail)
32. Dazzle on the ballroom floor
33. Athletic trivia
35. Finishings on backyard decks
40. Get permission
41. Roller coaster ride sensation
43. __ in tradition
45. Defrauds
48. Log into an Internet account: 2 wds.
51. Toronto-born single-named music star
53. Talk in a monotone
54. "Presto!"
55. "__ a wonderful time."
56. The Kardashians, e.g.
58. "__ the Groove" by Madonna
59. __-tongued
60. Require
63. "__, _ don't." (Retort to "Yes, you do.")

IT'S ALL IN THE STARS Your daily horoscope by Francis Drake

Aries March 21 - April 20
Start this week gently, because you have been high-viz and talking to lots of people. Today you want to be more lowkey, and that's just fine.

Taurus April 21 - May 21
Important discussions might take place between you and a female acquaintance. This could be about a competition with someone. Why not share your goals with this person?

Gemini May 22 - June 21
People will notice you today. They might discuss the personal details of your life, for some reason. Fear not — people see you in a positive light.

Cancer June 22 - July 23
Explore something new and different today to satisfy your urge to expand your world and learn something new. Grab any chance to travel or talk to people from other backgrounds.

Leo July 24 - Aug. 23
Clean up loose details about shared property, inheritances, taxes and debt, because you will feel better if you do this. Work to get out of debt.

Virgo Aug. 24 - Sept. 23
Be easygoing and accommodating with others today, because that's the easiest way to get through the day. Two weeks from now, you can be demanding — but not today.

Libra Sept. 24 - Oct. 23
You begin this week with a sense of purpose and a desire to get better organized. In fact, you will want to improve your health through exercise and wiser eating. Congratulations!

Scorpio Oct. 24 - Nov. 22
Today you are a Friday person in a Monday world. You would rather play hooky, party or just goof off.

Sagittarius Nov. 23 - Dec. 21
If you can cocoon at home today, you will prefer to do this because you want to hide among familiar surroundings. Family discussions might be significant, especially with a female relative.

Capricorn Dec. 22 - Jan. 20
Today you will trust your hunches more than your logic and intellect. You don't always do this, but sometimes you do — and today is one of those days.

Aquarius Jan. 21 - Feb. 19
If shopping today, you will spend your money emotionally. You will buy what you want, and not necessarily what you need. Been there, done that.

Pisces
Feb. 20 - March 20
Because the Moon is in your sign today, you will respond to people around you with heightened emotion. They might not understand this.

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9

		3				8		
			4		6			
8			9		2			5
	3	2				1	6	
	5	1				4	9	
6			5		9			3
			8		1			
		7				5		

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FRIDAY'S ANSWERS

Your daily crossword and Sudoku answers from the play page.

for more fun and games go to metronews.ca/games

3	1	6	4	5	2	9	7	8
7	4	8	3	9	1	5	2	6
5	2	9	8	7	6	3	4	1
9	6	2	1	3	4	7	8	5
4	5	1	6	8	7	2	3	9
8	7	3	9	2	5	1	6	4
6	8	7	5	1	3	4	9	2
1	3	4	2	6	9	8	5	7
2	9	5	7	4	8	6	1	3

WHAT'S MORE IMPORTANT THAN KEEPING CANADIANS SAFE?

Canadian Border Services Officers are the first line of defence in keeping our borders and families safe.

Whether it's stopping illegal drugs and guns or child abductions, it's tough work. Their job is to protect Canadians and our communities.

PRIME MINISTER, KEEP YOUR WORD. SUPPORT THE PEOPLE PROTECTING CANADA'S BORDERS.

PSAC AFPC

Public Service Alliance of Canada
Alliance de la Fonction publique du Canada

PSACUnion.ca